

PROVIDER: Weight Management, Nutrition, and Community Resources

Comprehensive Weight Management

Name	Age	BMI		Referral required	Cost	Location		Enroll/Info
TCH Resources								
Adolescent/Teen WOW	12-18	>95th %ile	Medical, nutrition, and behavioral interventions	Yes	Insurance/Self	CCC, West Campus		EPIC*/832-822-4887
Adolescent Bariatric Surgery		≥40 kg/m ²	Evaluation and preparation for surgery or alternate treatments	Yes	Insurance/Self	CCC		EPIC*/832-822-4868
Non-TCH Resources								
Weight Management Clinic – Harris Health	any	≥85th %ile	Medical, nutrition, and psychology	Yes	Insurance/Self	3925 Fairmont parkway, Pasadena 77504	Monday PM	Families need to be ready to make changes

Behavior Modification Programs

Name	Age	BMI		Referral required	Cost	Location	Days/Times	Enroll/Info
TCH Resources								
Weigh of Life	1-18	≥ 85 th %ile	15 week behavior program, individual	No	Insurance/Self	CCC, Cy-Fair HC	M-F, 8-5	EPIC*/832-822-3065
On the Weigh	6-12	≥ 85 th %ile	8 week group for behavior change	Yes	Free	Meyer Building	T 5p (6-8y) 6p (9-12y)	EPIC*/832-822-3065
						Cy-Fair HC	M 5p (6-8y) 6p (9-12y)	
TeenWOW group program	12-18	≥95th %ile	8 week group program with nutrition and physical instruction	No	Insurance/Self	CCC, West	Tuesdays, 3-5	832-822-4887
Non-TCH Resources								
Healthy Weight and Your Child	7-13	≥ 95 th %ile	Yearlong family program through YMCA	Yes	\$50, free at Thelma Ley Anderson	Houston Texans, MD Anderson – Spanish, Monty Ballard, Thelma Ley Anderson, Vic Coppinger, West Orem		713-758-9179 healthy.kids@ ymcahouston.org Available in Spanish at MD Anderson
Weight Watchers	≥10	any	Group behavior modification program	Yes - requires physician approval.	Self (\$3-9/wk)	Multiple		For TCHP members, may be covered after case management supervision for at least 3 months (832-828-1197) www.weightwatchers.com

Overview @ <https://www.ymcahouston.org/healthy-weight-and-your-child/>

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Physical Activity Resources

Name	Age	BMI		Referral required	Cost	Location	Days/Times	Enroll/Info
Non-TCH Resources								
Houston Parks and Recreation Instructional Sports Play	6-13y	any	Multiple offerings of sport teams and fitness	No	Free	multiple	M-F, 3-6pm	www.houstontx.gov/parks/youthsports.htm
Marathon Kids Running Clubs	pre K-12 grade	any	Running clubs at various schools running for 10-30 minutes	n/a	\$15	multiple		www.marathonkids.org
Girls on the Run Greater Houston	3 rd -8 th grade	any	Running clubs at various schools for 10 weeks each Fall/Spring	n/a	\$30-155	multiple	varies; 2x/wk for 90 minutes	http://gotrgreaterhouston.org/
Neighborhood Centers Houston	any	any	some offer nutrition and physical fitness classes	n/a	\$150/family/yr	multiple		http://www.neighborhood-centers.org/locations
YMCA		any	group and individual fitness options	n/a	varies	multiple		https://www.ymcahouston.org
CDC.gov	any	any	guideline for physical activity	n/a	Free			https://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf
Healthy children.org (American Academy of Pediatrics)	any	any	online collection of articles on physical fitness for families	n/a	Free			https://www.healthychildren.org/English/healthy-living/fitness/Pages/default.aspx

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Nutrition Resources

Name	BMI	Referral required	Cost	Location	Days/Times	Enroll/Info
TCH Resources						
Steps to a Healthy Body	6-12 Any	No	Insurance/Self	CCC	T, 3:30	ON HOLD
Healthy Beginnings	8-12 ≥ 85 th %ile	No	Self (\$50)	West	Th, 4:45-6p	832-227-1440
Saturday Wellness Program	6-16 ≥95 th %ile	Yes	Free	Different HCs	Saturdays	Constantina 832-822-3620; referral form on TCH website. Note: Spanish interpreter available at sessions.
Non-TCH Resources						
Keep Fit!	10-18 any	No		The Center for Children and Women	Sat	Texas Children's Health Plan (TCHP) Members Only 832-828-1430 www.texaschildrenshealthplan.org/keepfit
Cooking classes	any any	No		The Center for Children and Women	Saturdays 1p English, 2p Spanish	Texas Children's Health Plan (TCHP) Members Only
ChopChop Cooking Club	any n/a	No	Free			www.chopchopcookingclub.org
ChooseMyPlate.gov	any n/a	No	Free			www.choosemyplate.gov
Cooking with Heart for Kids (American Heart Association)	any n/a	No	Free			https://recipes.heart.org/Articles/1033/Simple-Cooking-for-Kids
Calories Needed Parent Tips (NHLBI)	any n/a	No	Free			https://www.nhlbi.nih.gov/health/educational/wecan/downloads/calreqtips.pdf
Healthy Children.org (American Association of Pediatrics)	any n/a	No	Free			https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx
	0-5 <95%	No	Free			https://www.healthychildren.org/English/healthy-living/growing-healthy/Pages/default.aspx
SWAY nutrition videos (Stanford University)	any n/a	No	Free			https://www.youtube.com/playlist?list=PL61Cx01GKzUmt2vr3Pk5zQAix-1N_JP_R

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Camps

Non-TCH Resources						
Kamp K'aana	10-14	≥95th %ile	2-week overnight camp program	No	Self	www.ymcahouston.org/kamp-kaana

Other Information

Non-TCH Resources						
Shape Up Houston			Health tracking and information			www.shapeuphouston.org
Doctors for Change			Resources for Health			http://www.dfcguide.org/guide/community-resources/obesity-and-wellness/